**CENTRE FOR DISTANCE AND ONLINE EDUCATION**
**MASTER OF ARTS (YOGA),**
**FEBRUARY 2025 BATCH**
**1ST SEMESTER EXAMINATION – JULY 2025**

**Paper Code: MSY-SCT-104** **Paper Name: Human Anatomy & Physiology**

**Time – 3 Hrs.** **Full Marks – 70**

**Instructions:**
1. All Questions are compulsory. Section **A** carries **10 Marks** and Section **B** carries **60 Marks**.
2. The figures to the right indicate the marks for the questions.
3. Assume suitable data wherever necessary and mention it.
4. Drafting should be neat and clean.

## SECTION – A

**Answer the following question in brief**

| Sr. No. | | Question | Marks | Bloom's Level |
|---|---|---|---|---|
| Q1. | **a** | Define homeostasis and its basic function in the human body. | 02 | Remember |
| | **b** | What are anatomical planes? Name any two with a brief explanation. | 02 | Understand |
| | **c** | State the role of mitochondria in a human cell. | 02 | Understand |
| | **d** | What is the function of the diaphragm in breathing? | 02 | Understand |
| | **e** | List any two physiological benefits of Pranayama from a respiratory perspective. | 02 | Apply |

## SECTION-B

| | | | | |
|---|---|---|---|---|
| Q2. | **a** | Explain the significance of homeostasis in regulating internal body conditions. Discuss how yogic living promotes homeostatic balance. | 10 | Analyze |
| | | OR | | |
| | **b** | Describe the major types of tissues found in the human body. Support your explanation with appropriate examples of their roles. | 10 | Understand |
| Q3. | **a** | Elaborate on the anatomy and physiology of the musculoskeletal system. How can this knowledge assist in the safe execution of yogic postures? | 10 | Apply |
| | | OR | | |
| | **b** | Outline the structure of the human skeleton and classify the types of bones with suitable examples. | 10 | Understand |
| Q4. | **a** | Describe the structure and functioning of the respiratory system. What is the importance of breath awareness and control in yogic practice? | 10 | Analyze |
| | | OR | | |
| | **b** | Discuss the process of respiration at the alveolar level and highlight the role of alveoli in gaseous exchange. | 10 | Understand |
| Q5. | **a** | Detail the structure and physiology of the human heart and circulatory system. How does regular yoga influence cardiovascular health? | 10 | Apply |
| | | OR | | |
| | **b** | Explain the role of the lymphatic system and spleen in immunity and detoxification. How does yoga support this function? | 10 | Analyze |
| Q6. | **a** | Compare and contrast the characteristics and functions of skeletal, smooth, and cardiac muscles. How are they activated during asana and meditation? | 10 | Analyze |
| | | OR | | |
| | **b** | Identify common disorders of the musculoskeletal and respiratory systems such as arthritis, scoliosis, asthma, and bronchitis. How can yoga aid in managing them? | 10 | Evaluate |